

Say This... Not That

To Feel More In Control as a Parent



Instead of Saying (to Yourself)...

My daughter never listens to me!

I'm sick of being the only one who cares about keeping the house clean!

He's never going to change. It's no use.

Say This (to Yourself)...

There's a reason my daughter's not listening. And for every reason, there is a solution. I can handle this.

My kids really don't care about keeping the house clean. They have other things on their mind. Instead of getting frustrated that they're not naturally invested like I am, I'm going to teach them the tools to do the things they don't want to do.

We've been working on this issue for a while. It's exhausting. But giving up won't make things better either, so I'm going to take care of myself so I have energy... and focus on taking one step at a time.